

## Burn The Fat Feed The Muscle - Tom Venuto's Burn the Fat

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**Dec. 1, 2009 - [PRLog](#)** -- **Burn the fat feed the muscle** is an e-book that has been created by bodybuilding champion Tom Venuto that attempts to teach people all aspects of losing weight while gaining muscle. Many people have called Burn the Fat Feed the Muscle the greatest single best fitness book ever put together and with that kind of hype I wanted to go through chapter by chapter to see if this book really lives up to it's reputation.

**Burn The Fat, Feed The Muscle** has been around a long time, at least in Internet years. It was released in 2003 and was one of the first diet and nutrition e-books ever published. Today there are e-books all over the web, not to mention more supplements, weight loss programs, ab machines, workout videos and "magic" diet pills than you can keep track of.

Through all the Internet diets that have come and gone in the last decade, this e-book is one that has stood the test of time. It has been an Internet best seller every year since 2003. Men and women of all ages in over 141 countries have lost anywhere from a few pounds to 253 pounds using Burn the Fat, Feed the Muscle. The program consistently gets positive reviews and has earned a reputation for being sensible, science-based, honest and effective.

### Visit the Official Homepage of Burn the Fat Feed the Muscle System

<http://findtohealth.com/go/burnthefat.com/>

The author, Tom Venuto, received his degree in exercise science and has held certifications as a strength and conditioning specialist and personal trainer, but more importantly, Tom walks the talk. He is a natural-for-life bodybuilder, which means that he's never taken steroids or other body-enhancing drugs. Although Tom admits that he was never obese, he says he always struggled with stomach fat and never saw his abs until he'd gone through many years of trial and error and a lot of hard work. Many people are encouraged when they hear that Tom is a lot like them and that he was not genetically predisposed to be lean. It gives them the hope that they can do it too.

Now that you know about the history and the author, here's a quick overview of what you'll find when you read Burn the Fat, Feed the Muscle.

Burn The Fat, Feed the Muscle is published in Adobe PDF format so you can download the e-book. It's on the long side at 300+ pages, so if you're looking for a Cliff's Notes type of read, this might not be the book you want. On the other hand, if you are a person who wants to know what to do and also know why you are doing it, then Burn The Fat, Feed the Muscle is exactly what you are looking to use.

In the introduction of the book Tom Venuto points out: "Burn The Fat, Feed The Muscle was created BY a bodybuilder, but it's not just FOR bodybuilders." In fact, the book easily could have been titled, "What every man and woman can learn from bodybuilders about permanent fat loss."

The nutrition techniques will work for anyone because they progress in stages from beginner to advanced. Unless you plan on competing in a fitness or bodybuilding competition, you'll only need to use phase one, aka, the "baseline" diet. If you want to get "ripped", with the six pack abs look – you can use phase two and phase three of the program, where you will find the more advanced techniques that many people have used

to prepare for their first bodybuilding or figure competitions.

#### What Is It About?

The main focus of the e-book is nutrition, because nutrition is arguably the most important key to getting lean. In the chapters on nutrition, you'll learn how to set up a meal plan you can enjoy by using Tom's menu "template" system: You just choose the foods you like (pick from the recommended food lists), plug them into the meal plan template, and your menus virtually create themselves. Sample menus are also provided for ideas.

You also learn the truth about six pack abs: Body fat tissue lies on TOP of the abdominal muscles, so you'll NEVER see your abs unless your body fat gets low enough. You can't burn fat off your abs with abdominal exercises like crunches or sit ups. You must get the nutrition right to achieve very low body fat levels.

In Burn the Fat, Feed the Muscle, you learn everything you need to know about calories, protein, carbs and fat to get low levels of body fat. You'll learn the facts about low carb and high protein diets. You'll get the inside scoop on fat burning foods – including lists of what to eat and when to eat them.

You also learn how to set up a training program. These are the same workout routines used by top natural bodybuilding and fitness champions. However, Burn the Fat, Feed the Muscle nutrition works in combination with any training program (so you can use your own workout if you choose).

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#### How Does It Work?

The 2 components are weight training and cardiovascular training. You'll need access to basic equipment at home like dumbbells and barbells or you can train in a gym. One caveat: This e-book doesn't give you photos or detailed instructions on how to perform each exercise. There's more attention given to nutrition than training in this e-book, and if you use the training programs, it assumes you know how to perform basic weight training exercises.

Customizing your program is a major theme in chapter 5, which explains metabolic individuality and how to figure out your unique body type. The major lesson is: There's no one-size-fits-all nutrition program. If you have special needs, for example, if you're lactose intolerant, allergic to gluten or if you're just a picky eater, you can easily modify the menus to work for you.

In addition to the nutrition and training plan, chapter one contains what is probably the best explanation of goal setting, mental training and the psychology of motivation that you will ever read in any book. If you know what to do but you have a hard time doing it (ie, if old bad habits keep haunting you or if you're inconsistent with your diet or nutrition), you'll find the solution in the mental training, not the physical training.

The weight training routines in 'Burn the Fat, Feed the Muscle' are incredible. Tom has put together four complete weight training routines from beginner to advanced plus routines that require as little as two to three days per week for time-crunched people.

The routines in 'Burn the Fat, Feed the Muscle' sculpt a beautiful, cosmetically-pleasing physique. The workouts will get you in shape, but they are not for conditioning or sports training. Tom designed these

programs so that you'll look good with your clothes on, and with your clothes off as well.

**Read The Detailed Review of Burn the Fat Feed the Muscle System**

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